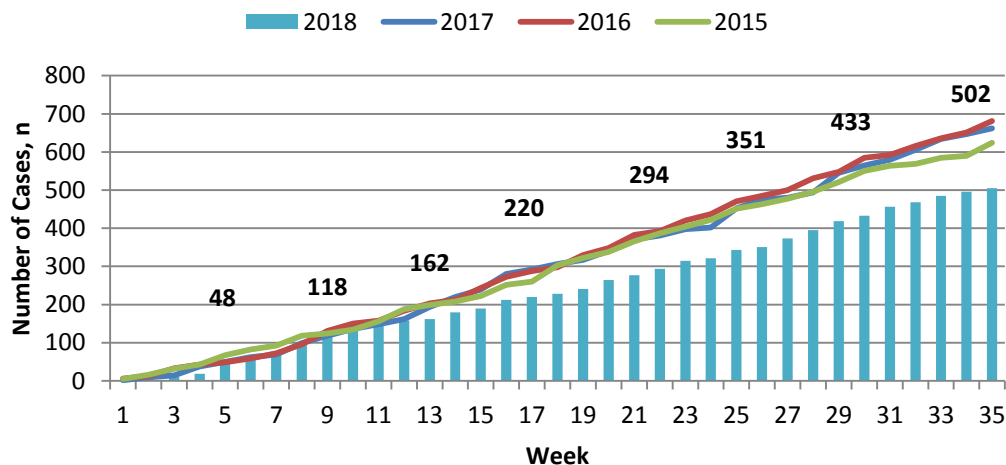


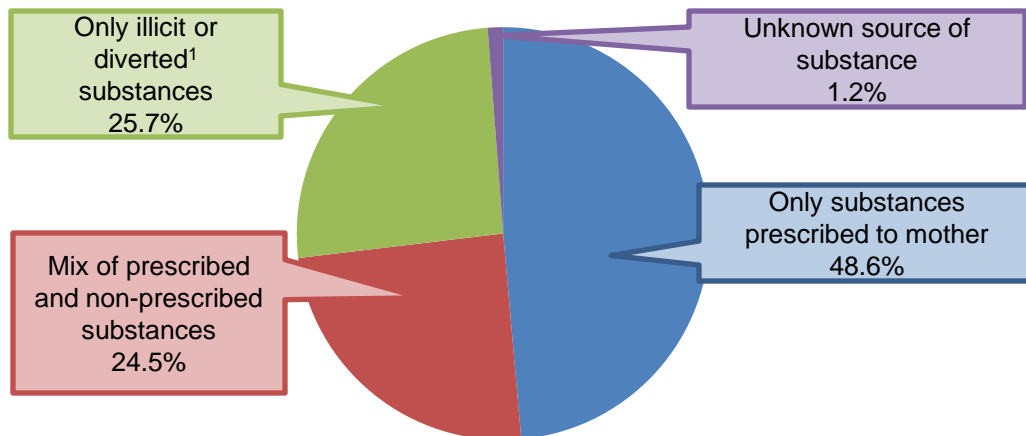
Neonatal Abstinence Syndrome Surveillance

August Update (Data through 09/01/2018)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **502 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018
- In the majority of NAS cases (**73.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2018 have occurred in the Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight – Count It! Lock It! Drop It! (CLD) is a comprehensive community initiative for prescription drug abuse prevention that began in Coffee County, Tennessee. In 2013, CLD won a national Community Anti-Drug Coalitions of America (CADCA) Got Outcomes Award. Through the work of the Tennessee Opioid Response Team and multiple stakeholders in the state, Count It! Lock It! Drop It! is now actively represented in 93 of 95 counties in Tennessee. The BlueCross BlueShield Health Foundation has supported efforts to focus CLD expansion into “hot spots” where high prescription rates, overdose deaths and NAS births are disproportionately high. For more information, contact Alex Windings at alex.windings@kmclarkcg.com.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	339	67.5
Legal prescription of an opioid pain reliever	31	6.2
Legal prescription of a non-opioid	33	6.6
Prescription opioid obtained without a prescription	166	33.1
Non-opioid prescription substance obtained without a prescription	63	12.6
Heroin	29	5.8
Other non-prescription substance	106	21.1
No known exposure	3	0.6
Other	9	1.8

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	24	3.6
East	113	22.3
Hamilton	17	6.2
Jackson/Madison	2	1.7
Knox	44	14.4
Mid-Cumberland	51	4.9
North East	83	38.7
Shelby	26	3.0
South Central	19	6.0
South East	16	6.5
Sullivan	27	26.2
Upper Cumberland	65	25.7
West	15	4.1
Total	502	9.5

NAS Prevention Opportunities

Women of Childbearing Age

- Taking opioids during pregnancy can cause birth defects. Many women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

Notes

1. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
2. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/nas>

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov